

# BUILD A BETTER YEAR

looking back to reach the goals ahead

The Stop-Start-Continue model is an incredibly effective tool to help you accomplish your goals. Think about your goals for 2022. What bad habits or behaviors do you need to stop because they will be hinder achieving your goals? What new habits or behaviors do you need to develop to support your goals? And what is working for you that you need to continue to do? Be honest with yourself so increase your chances to having the future you desire.

## STOP

## START

## CONTINUE